

Quality of Life TIPS & TRICKS

A Different Sort of Bucket List

If anyone watched snowboarding legend Shawn White's interview after the Winter Olympics, he mentioned putting together a bucket list of things he wants to do with his newly found free time.

Interestingly, though, the human need to continually strive for that next victory or new experience is actually impacting our ability to find happiness. By managing what we want instead of what we have, we give ourselves a chance to lead more satisfied lives.

To do so, create a "reverse bucket list." Create a bucket list; figure out what you really want out of that bucket list; and then remove the items that don't lead to that want. (Here's a link describing the process.)



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Nicole Quintana. We also welcome your tips, which can be submitted to Paige Neirman at pneirman@primerus.com for publication consideration.